



**Children's University  
School of Nutrition and Health  
Department of Home Science  
Gandhinagar**

ACADEMIC  
YEAR  
2020-21

**M.Sc. FN**

<b>Year</b>	<b>I</b>	<b>Course Type: Core Compulsory</b>	<b>Credits</b>	<b>4</b>
		<b>Course No: CCFN 201</b>		
		<b>Course Title: Maternal and Child Nutrition</b>		
<b>Semester</b>	<b>I</b>		<b>Hours/wk</b>	<b>4</b>
<b>Objectives</b>		<ol style="list-style-type: none"> <li>1. To aware the student about complication, Psychological changes and nutritional requirement during pregnancy and lactation.</li> <li>2. To provide the knowledge about importance of breast milk, Supplementary and weaning food and health and nutrition of mother and child to the students.</li> <li>3. To provide the knowledge about direct nutritional assessment of Human groups.</li> </ol>		
<b>COURSE CONTENT SYLLABUS-THEORY</b>				
<b>Unit I</b>	<b>Physiology and psychological changes during pregnancy</b>			
	<ul style="list-style-type: none"> <li>• Importance of Maternal Nutrition. <ul style="list-style-type: none"> <li>• Physiology and psychological changes</li> <li>• Complication during pregnancy</li> <li>• Problems and Treatment during Pregnancy.</li> </ul> </li> <li>• Embryonic and Fetal growth and Development. <ul style="list-style-type: none"> <li>• Stages of pregnancy.</li> <li>• Types of delivery</li> </ul> </li> </ul>			
<b>Unit II</b>	<b>Nutrition During pregnancy and lactation</b>			
	<ul style="list-style-type: none"> <li>• Foods needs and nutritional consideration during pregnancy and lactation. <ul style="list-style-type: none"> <li>• Human Milk Composition.</li> <li>• Nutritional Requirement during pregnancy.</li> <li>• Meal planning for pregnant women.</li> <li>• Nutritional Requirement for lactating women.</li> <li>• Meal planning for pregnant lactating women.</li> </ul> </li> </ul> <p><b>Nutrition During Infancy</b></p> <ul style="list-style-type: none"> <li>• Nutrition During Infancy, <ul style="list-style-type: none"> <li>• Breast feeding,</li> <li>• weaning foods,</li> <li>• Common diseases and diet feeding the premature baby.</li> <li>• Bottle feeding,</li> <li>• Supplementary diet.</li> </ul> </li> </ul>			

<b>Unit III</b>	<b>Pediatric Problems and Nutritional Management</b> <ul style="list-style-type: none"> <li>• Congenital Heart Disease (CHD)</li> <li>• Preterm /Low Birth Weight</li> <li>• Lactose Intolerance</li> <li>• Celiac Disease</li> <li>• Inborn Errors of Metabolism</li> </ul>
<b>Unit IV</b>	<b>Nutritional program</b> <ul style="list-style-type: none"> <li>• Nutritional program for promoting maternal and child nutrition and health. <ul style="list-style-type: none"> <li>• National program for prevention of blindness</li> <li>• National Anemia control program</li> <li>• Goiter prevention program</li> <li>• Integrated Child Development program</li> <li>• Midday meal program</li> <li>• Matru vandana yojana</li> <li>• Kasturba Poshan sahayyojana</li> <li>• Janni surksha yojana</li> <li>• Chiranjivi yojana</li> </ul> </li> </ul>
<b>Reference</b>	
<ol style="list-style-type: none"> <li>1. કૌટુંબિક આહાર આયોજન.લેખક: પ્રા. સુશીલાબેન આઈ.પટેલ.</li> <li>2. આહાર અને પોષણના મૂળ તત્વો.લેખક : પ્રા. સુશીલાબેન આઈ.પટેલ.</li> <li>3. Robinson C.H. , Lawler, M.R., Chenoweth, W.L., Garwich, A.E. Normal and Therapeutic Nutrition 7th Edition, Macmillan Publishing Co. New York 1994.</li> <li>4. Davidson, S. Passmore, R. Brook, J.F. and Truswell, Human Nutrition and Dietetics, 9th edition, F. and S Livingstone Ltd., Edinburgh and London 1993</li> <li>5. Shanti Gosh, The feeding and care of infants and young children, voluntary health association of India,, New Delhi 6th edition 1992.</li> <li>6. Rao, D.H and Vijayaraghavan, K (1996), Anthropometric assessment of nutritional status in “Text Book of Human Nutrition”, New Delhi; (eds. Bamji, M.S, Rao, N.P and Reddy, V.); Oxford and IBH Publishing Co. Pvt. Ltd., P 515.</li> <li>7. Srilakshmi, B (2008), “Dietetics”, New Delhi; New Age International (P) Ltd. Publishers, Pp 319-325.</li> <li>8. Thimmayamma, B.V.S and Rao, P (1996), Dietary assessment as part of nutritional status in “Textbook of Human Nutrition”, New Delhi</li> <li>9. Indian Council of Medical Research (2010), “Nutrient requirements and Recommended</li> </ol>	

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11. Emma, M.L (2008), “Handbook of Nutrition and Food”, London; CRC Press, Taylor and Francis group.
12. FAO/WHO/UNU (1985), "Energy and Protein Requirements", Geneva; World Health Organisation. . 11. Gopalan, C; Sastri, B.V.R and Balasubramanian, S.C (1989), “Nutritive Value of Indian Foods”, Hyderabad; National Institute of Nutrition, ICMR,
13. JOURNALS
14. Reports of the State of World's Children, Who and UNICEF, Oxford University.
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